

VT MUNCH TIMES

Coming to a Tray near You!

10/08/14

A monthly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include USDA Policy updates, a fun nutrition fact, and up-to-date resources for the coming weeks. Look for these updates once a month!

Munch on this:

Welcome Back!

The entire Child Nutrition team here at the Agency of Education hopes that you all survived the first month back and are well into the swing of things with this new school year.

We are pleased to welcome our newest team member **Dan Lynch** to the very busy and exciting world of Child Nutrition Programs! Dan hails from Montpelier and is a graduate of the University of Vermont with degrees in Nutrition and Food Science. In his school and work experience he has done research and studies with raw milk, food safety, food and recipe development, cheese production and recently worked with Keurig Green Mountain conducting sensory tests, developed and tested new coffee blends. Dan will be primarily working with our Vermont Schools helping them to implement our many new meal standards and Smart Snack requirements.

Policy Update: **With the new school year comes new rules:**

1. Breakfast Meal Pattern Updates

As a reminder, you should know that with the start of this school year began the new rule that menu planners have to plan for 1 cup of fruit per student but each student only has to walk away from the service line with ½ cup of fruit. We suggest offering your fruit in half-cup portions. To meet the requirement, for example, you could offer ½ cup of pineapple chunks and ½ cup of banana or other fresh fruit – still offering of choice of 2 different fruits in half-cup portions. The student could take a total of 1 cup of fruit but must have at least ½ cup on their tray when they exit the serving line. Offering fruit in half cup portions will save the program money and unwanted fruit will not be wasted.

2: Sodium Target #1

As of July 1st, 2014 the first sodium target went into effect. Below are the target levels for both breakfast and lunch for each grade. If you haven't done so already, low-sodium products should be purchased as

much as possible, especially for processed foods like salad dressings, condiments, broth, soups, etc. Remember these are average allowances over the course of the week:

Breakfast	
K – 5	≤ 540 mg
6 – 8	≤ 600 mg
9 – 12	≤ 640 mg

Lunch	
K – 5	≤ 1230 mg
6 – 8	≤ 1360 mg
9 – 12	≤ 1420 mg

3. Whole Grain Rich Requirements

As of July 1st, 2014, all grains served in the National School Breakfast and Lunch programs must be *whole grain rich*. That means that each grain product has to contain at least 50% whole grain and the rest of the grain, if any, must be enriched. To ensure your products meet requirements, you must look at the ingredient labels of all of your grain products and the first ingredient must be either a whole grain of some type or water. If water is the first ingredient a whole grain must be listed immediately after the water. Refer to the [Whole Grain Resource](#) for more information.

4. Smart Snacks

Effective July 1, 2014 the **Smart Snacks** requirements went into effect and requires any foods sold in school – a la carte items at lunch or breakfast, food items from vending machines, and any school fundraisers selling food items, like bake sales and candy sales – to meet the USDA Nutrition Standards. The new rule states that any “competitive foods” (foods not part of a reimbursable meal) sold during the “school day” (from midnight to 30 minutes after the end of the official school day) must be one of the following:

- ❖ Be a whole grain-rich grain product, or
- ❖ Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food, or
- ❖ Be a combination food that contains at least 1/4 cup fruit and/or vegetable , or
- ❖ Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D or dietary fiber (this option only until July 1, 2016)

Furthermore, any foods sold in schools must be less than or equal to these nutrient limits:

- ❖ Total fat ≤ 35% of calories
- ❖ Saturated fat ≤ 10% of calories
- ❖ Trans fat ≤ 0 grams
- ❖ Total sugars ≤ 35% of item weight
- ❖ Snack items: ≤ 200 calories and ≤ 230 mg sodium
- ❖ Entrée items: ≤ 350 calories and ≤ 480 mg sodium

Nutrition Standards for Beverages

- ❖ All schools may sell:

- Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- ❖ Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
 - ❖ Beyond this, the standards allow additional options for older students (high school students). These options include:
 - Calorie-free, flavored water in no more than 20-ounce portions.
 - “Lower calorie” beverage options only for high school students with up to 40 calories per 8 ounce serving or 60 calories per 12 ounce serving. These may be sold in no more than 12-ounce portions
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated calorie-free beverages that are labeled to contain < 5 calories per 8 fluid ounces or up to 10 calories per 20 fluid ounces.

Use the Smart Snacks Calculator to see if your snack is compliant:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Go here to find a list of approved Smart Snacks:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/

Reminders:

National School Lunch Week is next week - October 13th to October 17th

How is your Food Service Program Celebrating this special week??? Are you serving any special food items? Doing any taste tests or competitions?

HACCP Snippet: Why Is Food Safety Important?

- Every year, millions of people get sick with foodborne illness.
- Foodborne illness can resemble the flu, and many people don't link their illness to something they ate.
- It is not always the last thing you ate that makes you ill. You can become sick anytime from 20 minutes to six weeks after eating contaminated food.
- Infants and young children, pregnant women, and older adults are at greatest risk for foodborne illness.
- While commercially prepared foods have been the cause of many outbreaks of foodborne illness, improper food preparation at home can also easily lead to illness.



From http://healthvermont.gov/enviro/food_lodge/holiday_food.aspx

Trainings & Events:

Child Nutrition Programs' Training of the Month: The New Administrative Review

The New Administrative Review is a comprehensive evaluation of school meals programs by State Agencies for School Food Authorities participating in the National School Lunch Program and School Breakfast Program. The scope of the review has expanded to provide for a more robust review of program operations. The workshop will explain the tools and activities the State Agency will use to evaluate school food authorities during the review process. School Food Authorities will learn timing and what to expect, and will leave with an understanding of the questions that will be asked and the materials that will be requested by Child Nutrition Programs. This class was offered at Summer Institute 2014. School food authorities who will be reviewed in 2014-2015 and did not attend the Summer Institute session are required to attend.

Trainer: Nancy Lewis and Marianna Charalabopoulos

Date & Time: October 15, 2-4pm

Location: Room 304, Agency of Education, 219 North Main Street, Barre, VT

Registration: https://creator.zoho.com/cheryl_4.3.68/child-nutrition-programs-training-of-the-month/#Form:Home

USDA Foods Webinar: *Creating Healthy Menus with USDA Foods*

Thursday, October 16, 2-3 p.m. EDT

Celebrate National School Lunch Week by learning about remarkable recipe resources!

This webinar will feature the speakers from this popular panel at the SNA Annual National Conference in Boston this summer.

Register here:

<https://usdafnsocco.wufoo.com/forms/creating-healthy-menus-with-usda-foods-webinar/>

SNA-VT Annual Meeting and Fall Conference 2014 (with Local Food Show)

Join the School Nutrition Association of VT on Friday, October 17 at the Doubletree Hotel in Burlington for the SNA-VT Annual Conference: Shaping the Future of Child Nutrition!

- Keynote speaker Dayle Hayes, an SNA member and award-winning author and educator who has dedicated her career to excellence in child nutrition programs. She'll be discussing S.M.I.L.E. - School Meals Improve Learning Environments: Why and How Child Nutrition is Essential to Vermont's Future.
- A panel of local experts discussing some of the more challenging aspects of creating school menus and meals that meet the needs of students with allergies, have great flavor with reduced sodium, incorporate local food on a budget, and represent ethnic diversity.
- A hands-on demo with industry representatives present to answer questions and demonstrate kitchen equipment features.
- A networking workshop designed to help you identify your program's values and establish a marketing strategy to help you get your message out.

- A Local Food Vendor Show, providing an opportunity for local growers and producers to showcase their products and establish relationships with school food service programs.
- An award ceremony, recognizing the service of exemplary SNA-VT members.

Visit www.snavt.org to register today! Note: You can still book a room for \$149/night. The discounted room rate deadline has been extended to 10/10.

SNA-VT Regional Culinary Professional Development Workshops

These workshops offer an exemplary opportunity for child nutrition professionals to receive training from a professional culinary instructor while receiving SNA certification credits. We've located them around the state so you can participate in the workshop that is most convenient for you.

Please review the attached flier and visit www.snavt.org to register. Registration will open the week of October 6.

Recipes: Recipe of the Month: Broccoli Soup

Ingredients

6 large heads of broccoli
 6 medium white onions
 8 potatoes
 1 ½ gallons low-sodium vegetable stock or water
 A pinch of cumin
 Half a fresh-squeezed lemon
 Salt and pepper, to taste
 5 cups grated cheddar as garnish (optional)

Directions

1. Blanch the broccoli and shock in ice water.
2. Slice the onions very thin and cook down with pepper.
3. Slice the potatoes and add to the onions. Cook briefly, about 5 minutes.
4. Cover with stock or water and cook until the potatoes are completely soft. Cool the soup base slightly.
5. Working in batches, purée the soup base with the broccoli in a blender.
6. Season with pepper and cumin. Cool quickly to avoid discoloration, or serve immediately.
7. Just before serving, add the lemon juice and adjust the seasoning.

Source: Weston Nicoll, Chef-Owner of Café Shelburne

Resources:

Whole Grain Resource for the National School Lunch and Breakfast Programs

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):

October's Harvest of the Month is Broccoli and Cauliflower. They are members of the Brassicaceae family, also known as the cabbage family along with Brussel sprouts, cabbage, kale and radishes. We eat the flower parts of the plant before they bloom; the stalks are also edible, but have a tougher texture.

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org.

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

USDA Foods Fact Sheets

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

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VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 479-1254 or marianna.charalabopoulos@state.vt.us

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